

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

FEBRUARY 2017

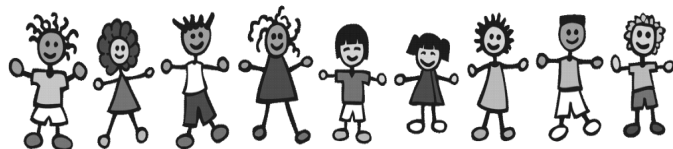
## Sweet and Sour Chicken Black Beans and Rice Ham and Bean Soup Slow Cooker Meat Over Noodles Skillet Meat and Potatoes

### Sweet and Sour Chicken

3 pounds boneless, skinless chicken breasts, cut in halves  
1 can (20 ounces) pineapple chunks, canned in juice  
1 cup white sugar  
2 tablespoons cornstarch  
 $\frac{3}{4}$  cup distilled vinegar  
1 tablespoon soy sauce (low sodium preferred)  
 $\frac{1}{4}$  teaspoon ginger  
1 chicken bouillon cube (low sodium preferred)

1. Heat oven to 350 degrees.
2. Brown chicken in a nonstick pan or pan sprayed with cooking spray. Place browned chicken into a baking dish.
3. Drain juice from pineapple chunks into a measuring cup. Add enough water to the juice to make  $1\frac{1}{4}$  cups.
4. In a saucepan, combine juice/water with the remaining ingredients. Bring mixture to a boil and cook for 2 minutes.
5. Pour cooked sauce over chicken. Bake for 30 minutes.
6. Add pineapple chunks to the chicken and bake for 30 additional minutes.
7. Serve over cooked brown rice.

**Nutrition Note:** This recipe makes 12 servings. Each serving (using low-sodium soy sauce and bouillon) has 220 calories, 2.5 grams of fat, 23 grams of protein, 26 grams of carbohydrates, and 150 milligrams of sodium.



### Nutrient-Rich Super Snacks



Peanut Butter on Bananas: Use creamy or crunchy, whatever is your family's favorite.

### Black Beans and Rice

$\frac{1}{2}$  pound sausage, beef or pork  
 $1\frac{1}{2}$  cups chopped onions  
 $\frac{1}{2}$  green pepper, chopped  
1 cup regular brown rice, uncooked  
1 bottle (12 ounces) chili sauce  
 $2\frac{1}{2}$  cups water  
2 cups canned black beans, drained and rinsed (low sodium preferred)



1. In a large frying pan, brown sausage. Drain any excess fat.
2. Place sausage, onion, green pepper, rice, chili sauce, and water in a large saucepan. Cover and cook for 1 hour or until rice is almost tender.
3. Add beans and cook an additional  $\frac{1}{2}$  hour.

**Nutrition Note:** This recipe makes 8 servings. Each serving (using low-sodium black beans) has 290 calories, 9 grams of fat, 11 grams of protein, 41 grams of carbohydrates, and 820 milligrams of sodium.

### Breastfeeding:

#### Why breastfeed?



*"I wanted to give my babies the best milk possible to help them grow strong and healthy." ~ WIC Breastfeeding Mom from Minot*

For more information about breastfeeding, check out our breastfeeding website at [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).

### Ham and Bean Soup

3 cans (15-16 ounces each) navy beans  
6 cups water  
1 cup cubed potatoes  
1 cup diced carrots  
1 cup chopped onions  
1 can (14.5 ounces) tomatoes (low sodium preferred)  
2 cloves garlic, chopped  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon black pepper  
 $1\frac{1}{2}$  cups diced ham



1. Drain and rinse beans.
2. Combine all ingredients except beans in a large soup kettle. Simmer for about 20 minutes. Add beans.
3. Simmer an additional 10-15 minutes until vegetables are tender.

**Nutrition Note:** This recipe makes 12 servings. Each serving (using low-sodium tomatoes) has 150 calories, 1 gram of fat, 11 grams of protein, 23 grams of carbohydrates, and 450 milligrams of sodium.

## Slow Cooker Meat Over Noodles

1 cup sliced carrots  
½ cup chopped onions  
½ cup diced celery  
1 pound chicken (legs/thighs), skinned or 1 pound beef stew meat  
1 can (10.5 ounces) reduced-fat and low-sodium cream of chicken or cream of mushroom soup  
¼ cup water  
1 teaspoon thyme  
¼ teaspoon black pepper  
1 cup cooked peas (made from frozen or leftover)  
2½ cups cooked egg noodles

1. Place carrots, onions, and celery into a crockpot.
2. Place meat on top of vegetables.
3. Stir together cream soup, water, and spices. Pour over vegetables and meat.
4. Cover and cook on low for 8-9 hours or on high for 4-4½ hours.
5. Remove chicken from bones and return to vegetable mixture.
6. Stir in peas and continue cooking until peas are hot (an additional 5-10 minutes).
7. Serve over cooked egg noodles.

**Cooking Tip:** This recipe could be doubled, so that half of it could be frozen for another meal.

**Nutrition Note:** This recipe makes 6 servings. Each serving (using low-sodium cream soup) has 190 calories, 6 grams of fat, 18 grams of protein, 17 grams of carbohydrates, and 290 milligrams of sodium.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

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## Turn Off the TV

**Make some paper snowflakes. Then use the snowflakes to make a trail through your home. Have your child move through the trail without touching the floor and only stepping on the snowflakes.**

Source: Head Start Body Start

## Skillet Meat and Potatoes

2 pounds lean ground beef  
2 tablespoons chopped onions  
2 tablespoons margarine or butter  
4 cups thinly sliced potatoes with skins  
1 cup green beans (any type – fresh, frozen, or canned – If using canned, drain beans before adding.)  
2 beef bouillon cubes dissolved in 1 cup boiling water (low sodium preferred)  
1 tablespoon yellow mustard  
1 teaspoon salt  
¼ teaspoon black pepper  
3 teaspoons cornstarch  
3 tablespoons cold water

1. Spray a large skillet with cooking spray. Place ground beef and onions in the skillet and brown. Drain any excess fat after cooking. Set aside.
2. In a different skillet, cook potatoes in margarine until soft.
3. Add potatoes and green beans to the ground beef mixture. Set aside.
4. In a small bowl, mix bouillon with mustard, salt, and pepper.
5. In another small bowl, mix cornstarch with water. Add to the bouillon mixture. Pour over the beef and vegetables and cook until thickened (about 15 minutes).

**Nutrition Note:** This recipe makes 8 servings. Each serving (using low-sodium bouillon cubes) has 300 calories, 14 grams of fat, 25 grams of protein, 16 grams of carbohydrates, and 530 milligrams of sodium.

## GROWING HAPPY FAMILIES



### Make one big meal.

When you or a family member has extra time in the week, cook a big meal that will last at least two days. A roast, lasagna, chili, or something in a crock pot are good options. You can also freeze leftovers.